

Carrot-Raisin Salad

Meal Components: Fruits, Vegetable - Red / Orange

Salads, E-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh carrots, shredded coarsley	3 lb 4 oz	3 qt 3 1/3 cups	6 lb 8 oz	1 gal 3 2/3 qt	1. Place carrots and raisins in large bowl.
Raisins	1 lb 8 oz	1 qt 1/2 cup	3 lb	2 qt 1 cup	
Instant nonfat dry milk, reconstituted		1/2 cup		1 cup	2. In a separate bowl, combine milk, salad dressing or mayonnaise, salt, nutmeg (optional), and lemon juice (optional).
Reduced calorie salad dressing	1 lb	2 cups	2 lb	1 qt	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	1 lb	2 cups	2 lb	1 qt	
Salt		1/2 tsp		1 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Frozen lemon juice concentrate,		2 Tbsp		1/4 cup	

3. Pour dressing over carrots and raisins. Mix lightly. Spread 6 lb (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½) to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
4. CCP: Cool to 41° F or lower within 4 hours. Cover. Refrigerate until service.
5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Carrots	4 lb	8 lb

Serving	Yield	Volume
1/4 cup (No. 16 scoop) provides 1/4 cup red orange vegetable and 1/8 cup fruit.	50 Servings: 6 lb 100 Servings: 12 lb	50 Servings: about 3 quarts 1 cup 1 pan 100 Servings: about 1 gallon 2 ½ quarts 2 pans

Nutrients Per Serving					
Calories	78	Saturated Fat		Iron	
Protein	1 g	Cholesterol	4 mg	Calcium	18 mg
Carbohydrate	16 g	Vitamin A	8299 IU	Sodium	117 mg
Total Fat	2 g	Vitamin C	3 mg	Dietary Fiber	2 g